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GLEANINGS FROM THE MEDICAL PRESS

IN CHARGE OF

ELIZABETH ROBINSON SCOVIL



OTHER AGENCIES THAN MEDICINE IN THE TREATMENT OF DISEASE.—The *Journal of the American Medical Association* says: "The time is past when the treatment of disease is confined in the administration of drugs, and to-day more than ever it is recognized that other forces of nature may be so employed as to render valuable therapeutic aid. If evidence of this fact were wanting, it could be found in the circumstance that there are at present being published in English and German systems of therapeutics in which physical agents especially are discussed, such as heat, light, water, air, electricity, massage, rest, diet, etc. These are subjects, however, to which scant attention has been given in the past in the medical schools, and by reason of their great importance it would seem that the time is now ripe for their inclusion in the medical *curriculum*."

MOSQUITOES AND YELLOW-FEVER.—At a meeting of the American Health Association, Dr. Walter Reed, of Washington, reported that under strict rules of isolation an attack of yellow-fever had been brought about in ten non-immune individuals out of thirteen by means of the bites of mosquitoes that had previously been fed with the blood of yellow-fever patients. At the same experimental station it had been demonstrated that yellow-fever cannot be communicated through contact with the clothing and bedding of yellow-fever patients, even though previously thoroughly soiled with the excreta of the patients. In regard to the transmission of the insect, he said the life of this mosquito was about five days if deprived of water, and if a voyage at sea lasted longer than that time the mosquitoes in the hold of the vessel would have died unless they had access to water or moisture. The danger of infection lay not in the cargo or personal baggage, but in the individual sick with the disease.

HAY FEVER.—At a meeting of the Mississippi Valley Medical Association, Dr. A. D. Murphy, of Cincinnati, said three conditions were necessary to produce hay fever,—depleted nerve-centres abnormally sensitive to uric acid, abnormal conditions of the nasal cavities, and atmospheric or climatic conditions. To effect a cure it was necessary to eliminate the uric acid, restore the depleted nerve-cells to their normal condition, and relieve the effects. Hot baths and exercise and the careful selection of food were all of importance. For medication he relied principally upon a combination of arsenic and solution of gold, supplementing it with local applications of suprarenal extract or its active principle, adrenalin.

HYSTERIA A MENTAL DISEASE.—At a meeting of the Medical Society of the State of Pennsylvania, reported in the *Journal of the American Medical Association*, Dr. Edward E. Mayer, of Pittsburg, emphasized the statement that

hysteria is always a psychic disease, and that the various symptoms are but the result of this primary mental condition. The treatment advised is a psychic one, mental or suggestive therapeutics being necessary. He described a number of cases.

CURABILITY OF TUBERCULOSIS.—Dr. Frederick Montizambert, Director-General of Public Health of Canada, read a paper on the proceedings of the British Congress on Tuberculosis. He laid great stress on the curability of the disease when taken in time, and said all agreed in regarding human sputum as the chief medium of infection. The feature of the congress was Dr. Koch's paper denying the possibility of the transmission of tuberculosis from cattle to human beings. The feeling of the congress seemed to be that the statements of Professor Koch were made prematurely and on insufficient data.

TURPENTINE AS A DISINFECTANT IN ENURESIS.—The Philadelphia *Medical Journal* says: "The odor which follows continual incontinence of urine can be neutralized by sprinkling a few drops of turpentine upon the sheets and about the bed. While this does not wholly remove the smell, it produces a marked improvement."

TREATMENT OF TYPHOID FEVER.—B. M. Taylor contributes a paper to the *Medical Record* in which he says that in typhoid the digestion must be watched with special care, and if there is myasthenia (muscular debility) with fermentation, give a small amount of food easily digested and slow to ferment. The white of an egg given raw with pepsin and hydrochloric acid suits these patients. Do not give milk to patients with gastric catarrh or myasthenia. Milk given every three or four hours will kill more patients than the fever. Treat the stomach and feed it as if it were the only trouble the patient had. The motto is: to remember the stomach first, the colon next. He bathes the patient in tepid water for about twenty minutes, and emphasizes the necessity of avoiding disturbing the patient during sleep and the value of prolonged and absolute rest.

THE SANATORIUM TREATMENT OF TUBERCULOSIS.—The Philadelphia *Medical Journal* prints a paper on this subject by Dr. Arthur J. Richer, of Montreal. He says the disease cannot be considered as cured until eight years of good health have followed its arrest, so it is important that the patient should know how to carry out the hygienic treatment at home. The principal points to be observed are *rest, out-door life, overfeeding, medical supervision*. By rest he means absolute rest in bed or a reclining-chair in the open air with heat at the feet in cold weather. Giving the wound in the lung rest by avoiding loud or excessive talking or laughing, forced breathing, or an attempt at chest expansion. All emotional reading, smoking, or any excitement to be avoided.

In summer not less than ten hours and in winter six to be spent in the open air. The bedroom windows to be wide open at night both winter and summer, a hot-water bag, or soapstone and plenty of bedclothes, being used when necessary. This method of living increases the power to assimilate food.

Food is given at frequent intervals. Before rising, fruit or light liquid food, as milk, gruel, coffee with cream, etc. For breakfast, a cereal, honey, hot rolls,

corn-cake, fish, lamb cutlet, steak, eggs in any form, bacon, toast, with coffee and milk are allowable.

Between breakfast and dinner tropon chocolate or tropon biscuits, cold milk with somatose, one or two raw eggs, broth, beef tea, and bread and butter offer a varied choice.

The mid-day dinner must begin with a rich consommé, to be followed by fish, or cold or a made dish, then roast meat—lamb, beef, or fowl—and vegetables, as cabbage, green peas, beans, potatoes, spinach, lettuce, or asparagus. Ice-cream, a milk pudding, light cake, and preserved or fresh fruit may finish the meal.

Between this and supper comes another lunch similar to the one in the morning.

The supper should not be a hearty meal. Hot milk or an egg-nogg should be given at bed-time.

The case should be under the care of an intelligent physician, who will prescribe creosote or the medicine that seems to be indicated.

ECZEMA.—In a paper in the *British Medical Journal* Henry Waldo advises that plain water and soap should not be used in eczema. The part should be cleaned with rain-water, bran-water, starch, or boiled oatmeal once in twenty-four hours, and immediately dried with a soft towel. If there is a crust, water containing a drachm of bicarbonate of soda to the pint may be used. The surface should be protected by some application, the kind of application not being as important as the protection of the part. A wet eczema is best treated by lotions. Internal treatment should consist of blue pill, aperients, quinine, and benzonaphthol.

VACCINATION.—The *Boston Medical and Surgical Journal* prints an interesting photographic reproduction of a Boston Board of Health report for the year 1802 showing the efficacy of inoculation for cow-pox in preventing the spread of small-pox. What increases its interest to us nurses of the present day is the certificate of two nurses who had the care of the patients. It is as follows:

“We, Susanna Truman and Lucy Learned, nurses attending on the experiments corroborating the efficacy of the cow-pox,—do certify that there was not the least sickness or appearance of small-pox among any of the children who were subjects of the same during their stay at Noddle’s Island, excepting the two boys, Thomas and John Clarke, who had never had the cow-pox and were inoculated for the small-pox with a view to render the experiment more complete.

(Signed)

“SUSANNA TRUMAN,
“LUCY LEARNED.”

INFANTILE SCURVY.—In the *Philadelphia Medical Journal* Dr. Edward L. Peirson says the treatment of infantile scurvy is simple. It usually occurs in bottle-fed babies when some proprietary food, cooked milk, or condensed milk is used. Modified uncooked milk with orange- or lemon-juice should be given, a half to a whole lemon or orange daily, with fresh beef-juice. Iron should be given for the debility and anæmia.